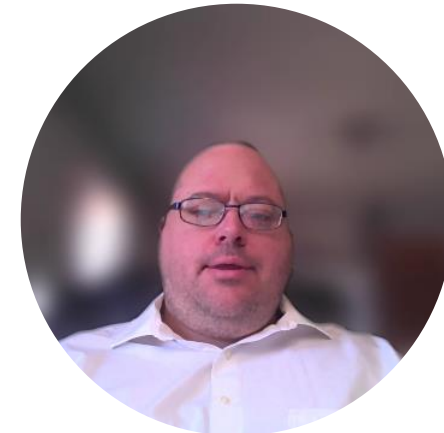
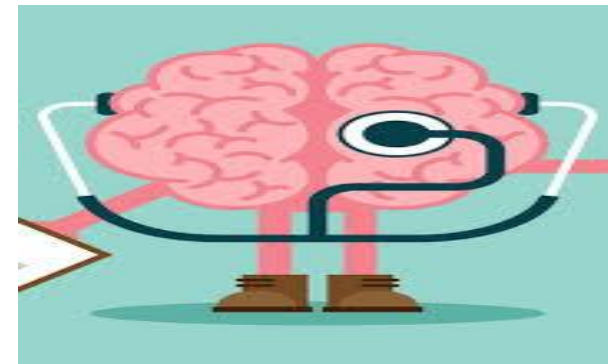




Men's Health & Men's Issues!

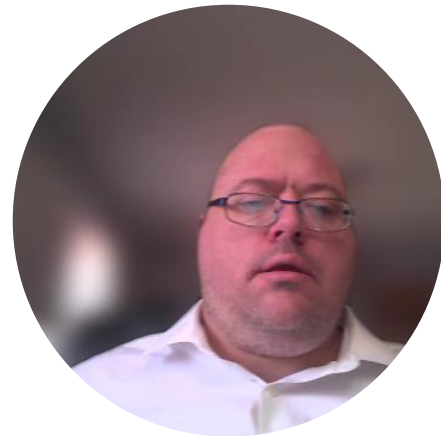


Living a Happy & Healthy Life!
Physically Mentally & Emotionally!



Men's Health & Men's Issues!

Do a mental check on yourself!



Men's Health & Men's Issues!

- Supporting others/ without judgment!
- Open the space to listen. Just listen.
- Practice empathy and name the feeling.
- Reassure them how important and meaningful they are to you.
- Touch base with them often.
- Be a safe space for someone else.



Men's Health & Men's Issues!

- Supporting others/ without judgment!

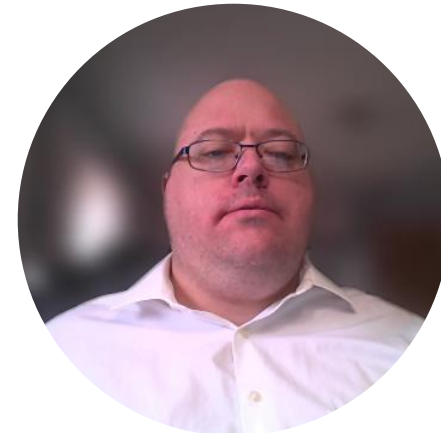


Safe people to talk to



Men's Health & Men's Issues!

- Personal Connections!
- Social connection can help boosting mood, reducing stress, and improving self-esteem, lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. By neglecting our need to connect, we put our health at risk.



Men's Health & Men's Issues!

- Personal Connections!



Men's Health & Men's Issues!

- A lot of men with intellectual disabilities have a hard time finding love!
- It may be due to low self-esteem, lower anxiety, depression & rejection!
- You aren't alone
- As of 2022, Pew Research Center found More than 60 percent of young men are single!



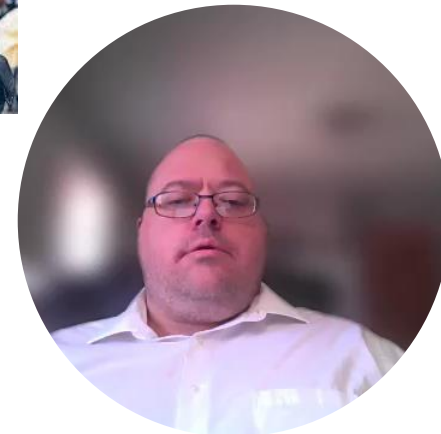
Men's Health & Men's Issues!

- Personal Connections!



Men's Health & Men's Issues!

- Dating!
- Talking to a lot of women!
- Talk to Women just as friends!
- You can talk to women even if they don't want to be a girlfriend just talk to them as friends there is nothing wrong with having many girls as friends it's good to have the social connections!
- Try New things!



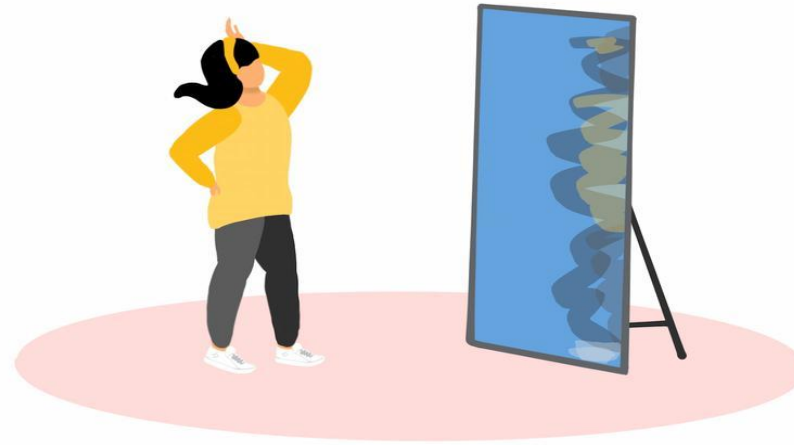
Men's Health & Men's Issues!

- Personal Connections!



Men's Health & Men's Issues!

- Self-Reflection/Regulation!

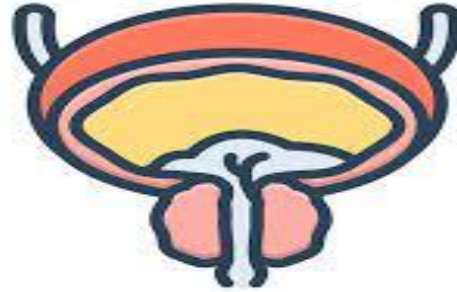


- Self-Reflection is Being ok with your self knowing it's ok to be you & the way you are





Men's Health & Men's Issues!



Prostate Cancer!

- The American Cancer Society (ACS) recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening. The discussion about screening should take place at: Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years. Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65). **Age 40 for men at even higher risk** (those with more than one first-degree relative who had prostate cancer at an early age).

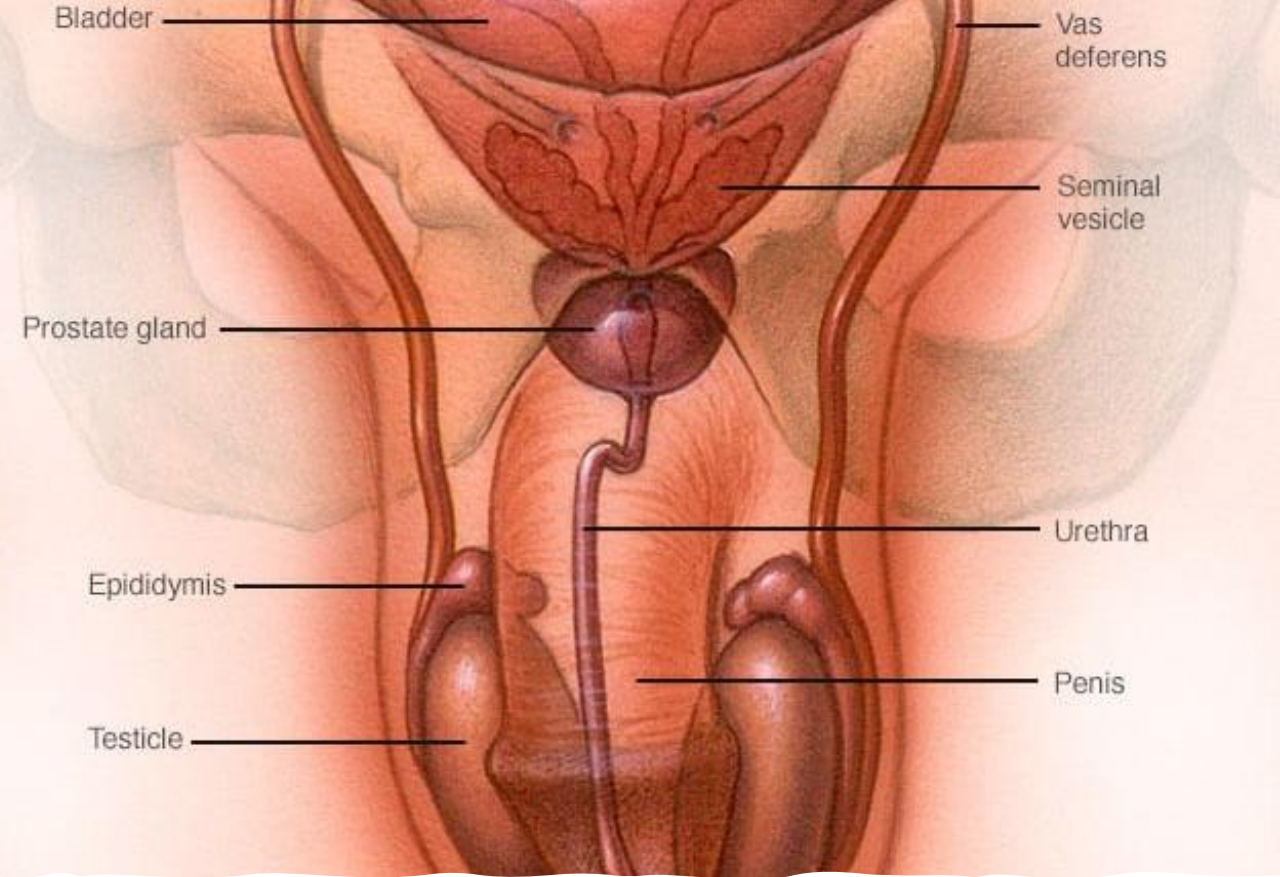




Men's Health & Men's Issues!

Prostate Cancer!



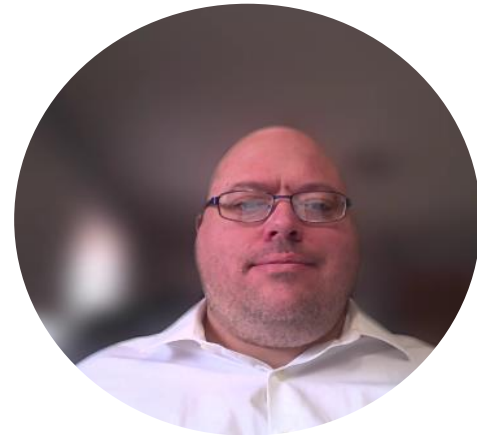


Testicular Cancer

Testicular cancer is a growth of cells that starts in the testicles. The testicles, which are also called testes, are in the scrotum. The scrotum is a loose bag of skin underneath the penis. The testicles make sperm and the hormone testosterone.

Men's Health & Men's Issues!

Colonoscopy!



Men's Health & Men's Issues!

Colonoscopy!



Men's Health & Men's Issues!

- Heart Healthy diet!

HEART-HEALTHY NUTRITION

CardioSmart
American College of Cardiology

To **PROTECT YOUR HEART**, eat more...

FRUITS
VEGGIES
NUTS
WHOLE GRAINS
VEGETABLE PROTEINS, LEAN MEATS, OR FISH

MEDITERRANEAN

- ↓ Light on dairy, meats and sweets
- ✓ Fish
- ✓ Olive oil
- ✓ Wine (in moderation)

VEGETARIAN

- ✗ Cuts out meat
- ✓ Vegetable proteins (soy products, legumes)

VEGAN goes further with no meat, fish, eggs or dairy products

WHOLE FOOD PLANT-BASED EATING avoids processed foods

DIETARY APPROACHES TO STOP HYPERTENSION (DASH)

- ↓ Limits salt to less than 1,500 mg/day
- ✓ Lean meat, poultry, fish
- ✓ Fruits and vegetables rich in potassium (bananas and leafy greens)

CUT BACK on processed meats and saturated fats

AVOID trans fats

DRINK WATER instead of sodas or juice!

MORE TIPS

For more information, visit [CardioSmart.org/Nutrition](https://www.CardioSmart.org/Nutrition)

@CardioSmart

Information provided for educational purposes only. Please talk to your health care professional about your specific health needs. To download or order posters on other topics, visit [CardioSmart.org/Posters](https://www.CardioSmart.org/Posters)



A Healthy diet

[Healthy Eating for a Healthy Weight | Healthy Weight, Nutrition, and Physical Activity | CDC](#)

- An eating plan that helps promote health and manage your weight includes a variety of healthy foods. Add an array of colors to your plate and think of it as eating the rainbow. Dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients.



Almonds

- Fun Fact: almonds are actually seeds rather than a nut. They are a good source of protein, and can help with:
- Reduced risks of cancer
- Better heart stability
- Improvement in blood sugar levels



Men's Health & Men's Issues!

- Heart Healthy diet!



What is Diabetes?

[Diabetes Mellitus; Definition, Quick Facts, Symptoms & Types - A2Z Healthy](#)

Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is an important source of energy for the cells that make up the muscles and tissues. It's also the brain's main source of fuel.



STD

- Sexually Transmitted diseases can be very dangerous. Some STDs include:
- AIDS
- Hepatitis
- Syphilis
- Herpes



Men's Health & Men's Issues!

- Heart Healthy diet!



Men's Health & Men's Issues!

- Medications!



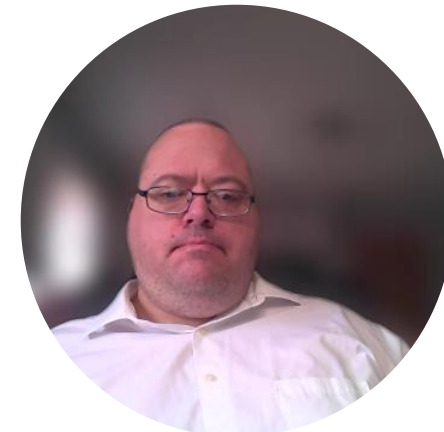
- Make sure to take medication correctly.



- Be sure you understand what they are, and why you're taking them.



- Talk to your doctor on a regular basis so they can be adjusted if needed.



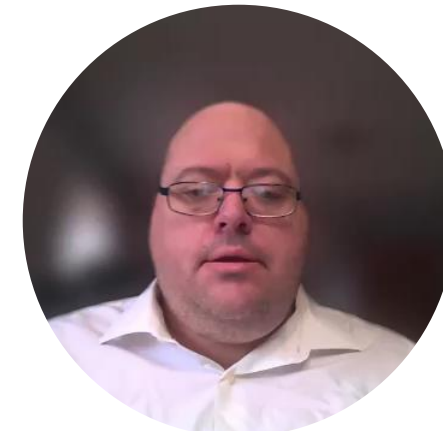
Men's Health & Men's Issues!

- Family Responsibilities!
- Maintaining the house & Creating a home.
- Budgeting & making sure bills are paid.
- Maintaining Relationships with Family members.
- Sharing these responsibilities with other family members.



Once your plan is put into action, evaluate your budget periodically. Is your plan working? Are you able to attain your goals with your plan? Is this plan helping you control your spending?

Income	Weekly	Monthly	Yearly
Allowance			
Wages			
Gifts			
Other			
Total Income	\$	\$	\$
Expenses			
Fixed:			
Varied:			
Total Expenses	\$	\$	\$
Balance	\$	\$	\$



Men's Health & Men's Issues!

- Family Responsibilities Maintaining the house & Creating a home.



Men's Health & Men's Issues!

- Paying Bills!



Men's Health & Men's Issues!



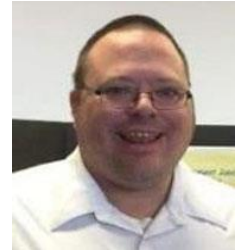
Kevin Arce



THANK YOU



Varian Salters



Men's Health & Men's Issues!

Any questions?

